Upper Mustang Trek- 17 Days (All-inclusive)

3 Star Hotel Package

2450USD per person

*Including healthy meals

5 Star Hotel Package

2700USD per person

*Including healthy meals

Trip Style: Cultural Tour + Trek

Trip Difficulty: Moderate +2

Upper Mustang Trek is not just a trek, it's your introduction to a once-upon-a-time thriving kingdom of yore – this is **Mustang Trek** an area in Nepal that was once called 'the forbidden kingdom'', till its gates opened in the '90s. Going in and coming out – both ways, we have the pleasure of gracing stunning views of the huge Annapurna's and the so very towering Dhaulagiri peak…it leaves you stunned to the bone… and we have a whole day to discover the ancient walled capital of **Mustang – Lo Manthang**…it's a world you wouldn't have imagined…till you saw it…on the '**Upper Mustang Trek**''…

Trekkers weren't allowed into this kingdom until the past decade and a half; the moment you come face to face with this olden and secretive province upfront, you'd soon realize its geographical similarity to Tibet, and the culture is so much the same. **Mustang** was once a rich prosperous independent country in the 15th Century because its tactical setting gave it the leverage to control the famous salt trade between Tibet and Nepal. This territory is in a league of its own with white-washed lively but quiet villages, Tibetan-styled monasteries, and notable wayside inns, a bequest that dates back hundreds of years of cross-border bartering, giving Mustang a unique identity, not found in another part of Nepal. Even the physical attributes of **Mustang** are not like any other part of the Himalayas in Nepal; - windswept conglomerate cliffs colored by unusual earth pigments in dissimilar hues of maroon, dull yellow, earthy brown, and sharp blue, set amidst a backdrop of snow-capped silver-grey peaks of the Annapurna and Dhaulagiri gleaming on the horizons.

DURATION: 17 days

Trip Facts

Arrival City
- Kathmandu, Nepal

Departure City
- Kathmandu, Nepal

Trek Region
- Gandaki Province, Nepal

Trip Style
- Cultural Tour
- Trekking & Hiking

Maximum Altitude
- Drakmar:3,810 Meter

Trip Durations
- 16 Nights/17 Days

Suitable For
- Couples, Family Or Friends

Accommodations
- Luxury Hotels In City
- Best Local Lodge In Trek

Meals
- Daily Breakfasts In City
- 3 Meals Daily During Trek

Drinks
- Per day 5 Cups Tea/Coffee
- Per day 4 liters Water

Service Level
- Reliable & Friendly Service
- Authentic Sherpa Guide

Best Time to Travel
- February-May
- Mid September- December

ITINERARY

Day 01: : Arrival in Kathmandu (1,300m /4,264 ft) and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet show us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, **Mountain Sherpa trekking and expeditions** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Half day Sightseeing and orientation for your trek preparation

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards, and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple}** "Swayambhu" means **"self-created"** and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to the Hindu deity Lord Shiva and is said to be the holiest Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, do some shopping for our trek the next day, have an early supper, and retire to bed, most probably. Breakfast

Day 03:: Fly to Pokhara (823m) - 30 minute flight, City tour in pokhara

We hop a short but scenic 30-minute flight to Pokhara, enjoying the views of Ganesh, Manaslu, and the Annapurnas along the way. If we decide to go by tourist bus, then we check out early morning at around 7 am. En-route, we enjoy a lot of the countryside of Nepal that offers green landscapes typical of rural Nepal, rivers, villages, cultivated farms, and beautiful mountain sceneries. In the afternoon, we reach Pokhara. Pokhara offers fantastic views of Dhaulagiri, Manaslu, Machhapuchhare, five peaks of the Annapurna range, and others. Pokhara is a city of lakes and has several beautiful lakes. We can explore the most accessible and beautiful Fewa Lake during the afternoon - enjoy boating too. We can also relax and dine by the peaceful Lake Fewa. You can even do some shopping at the eventide. Overnight in Pokhara – Breakfast

Day 04:: Fly to Jomsom and trek to Kagbeni (2780m/9121ft) Approx. 3-4 hrs Overnight Lodge

We take the lovely early morning flight to Jomsom (famous for its apples) where we will be met at the tiny airstrip by our trek team. After some initial preparation of sorting out our equipment and loads, we begin our trek to the

cute village of Kagbeni. Just out of Jomsom we cross a small suspension bridge and then walk along the riverbank of the Kali Gandaki. The trail is flat and quite infertile, with jagged rocks and sand littering the trail.

This makes it very easygoing. We get great views of massive peaks such as Dhaulagiri, Tukuche, and Nilgiri, whilst to the south can be seen the entire Annapurna massif. Kagbeni, with its narrow alleyways and tunnels, irrigation canals, fields of wheat and barley, and a large red Gompa, gives us a preview of scenes that we would come across in Upper Mustang. At the north end of the village is the police check-post. Here we will complete our paperwork before entering this long forbidden region of Nepal. Overnight stay at Lodge. All Meals included.

Day 05:: Trek to chele (3050 M/ 10007 ft.) Approx. 5-6 hrs. Overnight Lodge [B/L/D]

Our trip begins with a special permit check and then we hike it down by the riverbank of Kaligandaki upstream. In the course of our hike, we come across scenic quaint places to stop through the sandy and windy trails. This trail goes up and downhill. First, we reach Tangbe village with narrow alleys amongst white-washed houses, fields of buckwheat, barley, wheat, and apple orchards. The apples here are tasty. From here we trek forward to Chhusang and after crossing the river head up to the huge red chunk of conglomerate that has fallen from the cliff above, forming a tunnel through which the Kaligandaki follows. We plod on through some small ridges before reaching Chele village for the night. B. L. D

Day 06: : Trek to Syanbochen (3,475m/ 11,342 ft.) – Approx. 6-7 hrs. Overnight Lodge [B/L/D]

Today, we hike further down to Eklo Bhatti. We clamber up to Taklam La Pass at (3,624m/11,923 ft) through plateaus and narrow stretches with views of Tilicho Peak, Yaskawa Kang, and Damodar Danda. Further up, we descend a little to the village of Samar. We then climb the trail that goes above Samar village to the ridge then descend steeply to a stream. Another 3 hrs of similar walking brings us to Syanbochen. On the way, we relax amid the surrounding cool streams and juniper trees. Locals use the dried leaves of junipers as incense to invite deities and start any auspicious work. We also pass by a cave famously known as Ranchung Cave. We haul up here for the night in a teahouse. B. L. D

Day 07: : Trek to Ghami 3,520m/11,549ft – Approx.- 4-5 hrs. Overnight Lodge [B/L/D]

After a great breakfast, we trek uphill to the Yamda La (3,850m /12,667ft) passing a few teahouses, chortens, and local villages which is so similar to houses in Tibetan with open Verandas. We cross mountain passes and an avenue of poplar trees and fields of Barley. The climb to Nyi Pass (4,010m/13,193ft) takes a little bit longer. We next descend to our overnight stop at Ghami, the third largest village in the Lo region, Ghami is surrounded by large fields most of which are barren. Overnight at our teahouse – B. L. D

Day 08: : Trek to Charang 3,570m/11,712 ft. – Approx.- 4-5 hrs. Overnight Lodge [B/L/D]

Today’s walk perhaps takes us through some of the driest parts of the Mustang, and a lot of our energy will be spent negotiating the loose, dry soil. However, the striking views of the countryside, from the gentle contours of the north to the craggy mountains in the east and west, more than compensate for the hard climb. Finally, we come to Charang, a large spread-out village at the top of the Charang Chu canyon. At the eastern end of the village are a huge dzong [fortress] and a red gompa which houses an excellent collection of statues and thangkas. We bunk out at our teahouse lode – B. L. D

Day 09:: Trek to Lo-Manthang (3700m/ 12,139 ft.) – Approx.- 5-6 hrs. Overnight Lodge [B/L/D]

After a hearty b/fast amidst chirping birds, we will spend part of the morning exploring the interesting village of Charang and its large monastery, before setting out for Lo Manthang. We climb gently above the valley to a large isolated Chorten that marks the boundary between Charang and Lo Manthang. The trail then broadens and eventually we get our first views of the medieval walled city of Lo Manthang. The city has only one entrance so we circumambulate the wall to the gate on the northeast corner. We crash out at our hotel in Lo-Manthang – B. L. D

Day 10: : Explore the length and breadth of Lo-Manthang. Overnight stay in Lodge

Today, it's your free day to explore the enthralling city of Lo Manthang. The city contains about 150 houses, as well as residences for its many lamas. There are four major temples within the city and one of these, Champa Lhakang, contains a huge clay statue of Buddha as well as displays mandalas painted on the walls. The king's palace is a daunting building in the center of the city and is occupied by the current King and Queen. Although his duties are largely ceremonial, the King is much respected by the people of Mustang. Throughout the kingdom, the villagers continue to seek his advice regarding many issues. It is possible to hire horses to visit these valleys, but this short horsy tour will incur extra costs. Overnight at our hotel in Lo-Manthang – B. L. D

Day 11: : Trek to Drakmar (3,810m/ 12,500 ft.) Approx.- 6-7 hrs. Overnight Lodge [B/L/D]

While returning from Lo-Manthang, we take a different route than the one we came by. We Trek to Drakmar via Gyakar to explore the more than 1200 years old Ghar Gompa with Guru Rinpoche as the primary figure. The Gompa is also famous for its rock paintings. According to legend, anyone who makes one wish at the Ghar Gompa, their wish is fulfilled. We explore much of the local area. Since there is the chance of dusty wind storms, it is advisable to hike out in the morning. B. L. D

Day 12: : Trek to Ghiling (3,806m/ 12,487 ft.) – Approx. 5-6 hrs. Overnight Lodge [B/L/D]

Today, we hike back to Ghiling because our journey for our overnight stay is a pretty long day after a long walk which takes 5-6 hrs. After arrival and lunch, we enjoy the day exploring our surroundings, but it will be dusty and windy in the afternoon, so it will be wise to stroll around in the evening time. We do an overnight at Ghiling. B. L. D

Day 13: : Trek to Chhuksang (3050m/ 10,007 ft.) – Approx. 5-6 hrs. Overnight Lodge [B/L/D]

We re-trace our steps back to Ghiling for our overnight halt after hiking for some 5 hrs. We will savor some breathtaking scenery in the course of our journey with the majestic Himalayan vistas that envelop us on the trail. We enjoy our trip before the sun sets for our overnight at a teahouse. B. L. D

Day 14: : Trek to Jomsom (2700 m/ 8,858 ft.) Approx.- 6-7 hrs. Overnight Lodge [B/L/D]

It's a long and sad final day, as we plod back through Kagbeni to Jomsom where we conclude our trek. It's now time for us to take a good hot shower when we reach our hotel at Jomsom. In the evening, we celebrate with the Sherpas and porters whom we've come to know so well over the last 2 weeks, and this calls for a celebratory dinner and some local 'Chhang'' [mountain beer brewed from fermented rice, some even say its good for health], we do some dance jigs to a sherpa dance and enjoy a delicious dinner before going to bed; a befitting end to a merry successful trip. We crash out in Jomsom. B. L. D

Day 15: : Fly back to Pokhara & check in hotel (Relax, massage or hang around lakeside)

After our morning breakfast, we check-in at the airport to fly back to Pokhara. A 30 min thrilling flight to Pokhara between a gorge of the two massive mountains of Annapurna and Dhaulagiri brings us finally to the Lake city of Pokhara. On arrival at Pokhara airport, our guide will transfer us to the lakeside hotel. We refresh, relax for some time and then go out for a stroll down the street by the lake to explore the market for some souvenirs to take back home. Overnight at our hotel – Breakfast

Day 16: : Drive to Airport and fly to Kathmandu- Transfer to Hotel

After breakfast, You will be transferred to Airport to fly back to Kathmandu. Make sure your video cams are loaded for some great pictures from the windows of your flight of the fantastic landscapes you witness on the route. Upon arrival in Kathmandu, you will be transferred to your hotel. There is nothing much else to do except to shoot off some emails to your loved ones and companions you met on the course of your holiday, and yes, you'd want to

organize those lovely photos. You can spend the evening laid-back at your pace, perhaps catch up on some last-minute shopping and celebrate a complimentary dinner together in the evening with the **Mountain Sherpa trekking** staff. Overnight at your hotel in Kathmandu - Breakfast

Day 17:: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Annapurnas and ancient Mustang will give you lifetime memories of a vacation well enjoyed. Sayonara friends! Till we meet again. Breakfast

Please Note: that although we try to follow the itinerary given above, at times local trial or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life.

Cost Includes

Transportation & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Pokhara & Pokhara-Jomsom by fight
- 5 Night hotels in city as specified in Itinerary
- 11 nights local lodge accommodations during trek
- Jomsom-Pokhara & Pokhara-Kathmandu flight

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups Per person)
- Welcome dinner at best local restaurant with cultural show

Gear & Equipment

- Sleeping bags and down Jackets if required
- Complimentary T-shirt, Water bottle and walking pole
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

Support

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

Pays & Permit

- Pay and insurance for guide and support staff
- Special upper mustang entry permit fee
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

Additional Service

- We help you, if an airline loses your luggage, or delayed
- One hour free Special Ayurvedic massage at the end of Trek
- We help our clients to buy souvenirs at wholesale price
- We show you around local areas, recommend to eat etc

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book With MST

Why Book your Upper Mustang Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa's working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal's projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing, and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotels & Meals

Our **Upper Mustang trek Packages** include **3 Nights of Deluxe accommodations** in Kathmandu and **2 nights of deluxe accommodation in Pokhara** at a comfortable and luxurious hotel. As we know, the best accommodation is a crucial part of your trip planning, our hand-selected best hotel accommodations are clean, in a good location, and give you value for your money. Our selected luxury 5-star hotels provide a wide array of excellent services and modern amenities. Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred, and attentive service. You can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu after your trek. Or rest and relax in a tranquil and peaceful garden resort. We have two different package options available as outlined below. Book your perfect dream holiday trek package with a local Sherpa expert and get exceptional service.

- Our 3 Star Hotel Package starts from $2450 USD Per Person only
- Our 5 Star Hotel Package starts from $2700USD Per Person only

3 STAR HOTEL OPTION IN KATHMANDU: We have 2 different 3* hotel accommodation options to choose as below:

1. **Sampada Garden Hotel**- Located in a peaceful area in Lazimpat, Katmandu. 15-20 minute walk from

Thamel

2. **Mandala Boutique Hotel -** This Hotel is located at Chhetrapati, just a 3-5 minute walk from Thamel

POKHARA 3 STAR HOTEL PACKAGE OPTIONS:

- **Hotel City inn:** This hotel is situated in the heart of the lakeside area in Pokhara.
- **Hotel Splendid View:** Situated in Phewa Lake, Hotel **Splendid View** is the perfect place to experience Pokhara and its surroundings
- ?Hotel The Kantipur

if you select our 5-star package options then we accommodate you following 5-star **Premier Hotels.**

5 STAR HOTEL OPTION IN KATHMANDU- We have 2 different 5 * hotel accommodation options to choose from below:

- **Marriott Kathmandu -** Located at Naxal, Kathmandu. Combine the modern design with local creativity
- **Yak and Yeti Hotel-** Centrally located Luxury 5 star hotel in Kathmandu

POKHARA 5 STAR HOTEL PACKAGE OPTIONS:

1. **Fishtail Lodge:** this unique Lodge is situated in a unique location on a peninsula across Fewa Lake, using boats to transport guests to the property.
2. **Temple Tree Resort & Spa:** Nestling close by Fewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna Mountain Range.

LOCAL MOUNTAIN LODGE DURING TREK

11 Nights we provide you best available mountain lodge with a cozy room with a shared bathroom. Rooms are twin beds with two beds per room and do not have a bathroom attached except in a few places. The beds have mattresses and pillows and some blankets to borrow. The ‘living room’ area used for eating and relaxing is heated in the evenings. Lodges are always friendly places where you can meet many other trekkers. Many will have books to read and some have phones. Almost all have hot showers available, which are mostly gas heated.

Usually, breakfast will be at 8 am and you will need to pack your bags ready for the porters to leave early. Lunch will be taken en route in one of the many teahouses, and dinner is generally at 7 pm.

On this upper mustang trek, you will enjoy extra comfort as we accommodate a room with an attached

bathroom & hot shower for 4 Nights. Here are the names of places where we will provide you attached bathroom and Hot Shower.

1. Kagbeni 2,804 m / 9,199 ft) : 1 Night
2. Lo Manthang (3,840 m /2598.43 ft) : 2 Nights
3. Jomsom (2,736 m/ 8,976 ft) : 1 Night

What Kind of Food I can expect during Trek?

Morning Breakfast between 7:00-8:00 AM

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk, or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese, etc

Note: Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal which means you can select any food from the lodge menu as per your taste. Mountain Sherpa trekking provides enough meals on their trek as part of the trip price.

Drinking-Water during Mustang Trek

For many of us, the perfect choice may be to go for mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travelers, where they take more than 450 years to decompose.

Take, for example, Annapurna Sanctuary Trek. The recommended amount of water intake on a high-altitude trek like this is 3-4 litters a day. The trek is 9 days long. That's more than approximately 30 litter and 30 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 360 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 360 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

The Alternatives: The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

Striped- Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

Boiled water– This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liter. This means the cost of drinking water will be around $50-$60 for 11 days Mustang trek. Please note that 3-4 liters of fully boiled drinkable water are provided daily. Book our all-inclusive Annapurna Sanctuary trek package for safe and hassle-free service. There is no hidden cost.

Purification tablets– Water refining tablets or chemicals like chlorine dioxide are frequently used. They are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks.

Transportation

Airport Pickup by Private Vehicle:

We always provide timely airport pickup service, which is most important for hassle-free travel. your guide & driver will meet you at the arrivals hall after you pick up your luggage and head to the exit. (Provide us with your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding a welcome banner with your name and our company name Mountain Sherpa Trekking & Expedition at the Kathmandu international airport. They will take you to your hotel in a vehicle arranged by us. By booking your trip with us, you get a safe and comfortable ride without stress and inconvenience.

Kathmandu-Pokhara-Kathmandu Flight:

Our Mustang trek includes both way scenic flights from Kathmandu-Pokhara and Pokhara-Kathmandu. Pokhara may not seem far from Nepal's capital city Kathmandu (the cities are only 126 miles / 204 km apart), but the Nepali landscape and road quality make for a very long drive. That's why we recommend our clients opt to fly instead of a long drive.

Flying is by far the fastest and most comfortable way of traveling between Kathmandu and Pokhara and is highly suggested if you're short on time and looking for a comfortable journey. There are several flights each day from the domestic terminal of Tribhuvan Airport and take only around 25 minutes. It's a very scenic flight, particularly if you sit on the right-hand side of the plane, so you can see the Himalayas. When flying, you're likely to arrive feeling enthusiastic and with plenty of time for activities the same day, which can't really be said if you make the trip overland.

Naturally Pokhara. The charming city has numerous beautiful lakes and offers stunning panoramic views of the Fishtail Mountain flanked by the Majestic Himalayas. Pokhara is an amazing place for natural beauty at an altitude of 827 meters from sea level and 200 km west of Kathmandu. It is also one of the most popular tourist destinations of the country.

The Dhaulagiri, Annapurna, and Manaslu ranges, each with peaks over 8,000 m, can be seen from Pokhara and there are lakes, caves, and impressive falls (Patale Chhango or Devi's Fall) where the water from the Phewa Lake thunders into a hole and disappears. These are some of the Pokhara heritage sites as well

As there are many lakes in this beautiful city, Pokhara is also known as the "City of Lakes". Phewa Lake, Begnas Lake, and Rupa Lake are the most visited lakes of Pokhara. While at Pokhara, you can visit World Peace Pagoda, Sarangkot, Davi's fall, Mahendra Cave, and museums. These places will surely help you to reveal a lot about Pokhara.

Pokhara-Jomsom-Pokhara flight:

We start our upper mustang trek with a scenic flight from lake city Pokhara and we end our trek at Chussang and take the short jeep ride back to Jomsom, From Jomsom, we take a flight back to Pokhara again. Therefore, a roundtrip flight from POKHARA-JOMSOM-POKHARA is included in our package.

Jomsom is also called Dzong-Sampa in Nepali, which means new fort. This small but stunning town is situated at an elevation of about 2700 m in Mustang District, Nepal. It covers both the banks of the Kali Gandaki River. Along the banks of the Kali Gandaki river, we can find the black rocks or stone which is called shaligram in the Hindu culture and take it as the form of God Vishnu. This type of stone is only found in this Kali Gandaki River but people are unfamiliar with it so, it is holy to the Hindus. The towering peaks of Dhaulagiri and Nilgiri form a backdrop. As the district headquarters, it is primarily an administrative and commercial center with government officials and merchants rubbing shoulders with the local residents of the region, known as Thakalis. A company of the Nepalese Army is stationed here. Nearby is Jomsom Airport from where there are regular flights.

Travel insurance

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you’re physically fit, you can still experience altitude sickness.

Mountain Sherpa Annapurna sanctuary trek itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

- Tiredness
- Minor Headache
- Troubled sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation

- Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalaya's views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Travel insurance:

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance, in this case, to help expedite your processing.

Gear List

Packing List Upper Mustang Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries

3. Wool or synthetic hat that cover the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or Warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend

2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)

- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Upper Mustang Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the upper mustang trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.